

**WHAT IS CLAIMED IS:**

1. A composition comprising vitamin B3 and quercetin.
2. A composition comprising vitamin C and quercetin.
3. The composition of claim 2, further comprising vitamin B3.
4. The composition of claim 3, further comprising at least one of vitamin B1, vitamin B2, vitamin B6, vitamin B12, and vitamin E.
5. The composition of claim 4, further comprising at least one of caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, epigallocatechin, and polyphenon E.
6. The composition of claim 4, further comprising a green tea extract containing at least one of caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, epigallocatechin, and polyphenon E.
7. The composition of claim 1, wherein the composition is in dry form.
8. The composition of claim 2, wherein the composition is in dry form.
9. The composition of claim 3, wherein the composition is in dry form.
10. The composition of claim 1, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
11. The composition of claim 2, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
12. The composition of claim 3, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.

13. The composition of claim 4, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.

14. The composition of claim 5, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.

15. The composition of claim 6, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.

16. The composition of claim 1, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginko biloba extract.

17. The composition of claim 2, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginko biloba extract.

18. The composition of claim 3, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginko biloba extract.

19. The composition of claim 4, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginko biloba extract.

20. The composition of claim 5, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginko biloba extract.

21. The composition of claim 6, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginko biloba extract.

22. A method for enhancing physical performance, the method comprising administering to a subject in need thereof an effective amount of the composition of claim 1.

23. A method for enhancing physical performance, the method comprising administering to a subject in need thereof an effective amount of the composition of claim 2.

24. The method of claim 23, wherein the composition further comprises vitamin B3.

25. The method of claim 24, wherein the composition further comprises at least one of vitamin B1, vitamin B2, vitamin B6, vitamin B12, and vitamin E.

26. The method of claim 25, wherein the composition further comprises at least one of caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, epigallocatechin, and polyphenon E.

27. The method of claim 25, wherein the composition further comprises at least one of a green tea extract containing caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, epigallocatechin, and polyphenon E.

28. The method of claim 25, wherein the composition comprises vitamin B1, vitamin B2, vitamin B6, vitamin B12, and vitamin E.

29. The method of claim 26, wherein the composition comprises caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, epigallocatechin, and polyphenon E.